

## Household Commodity Fact Sheet

**SPINACH, CANNED**

Date: April 2009

Code: A167

**PRODUCT DESCRIPTION**

- Canned spinach is U.S. Grade A and comes in whole leaf, cut leaf, sliced, and chopped varieties.

**PACK/YIELD**

- Canned spinach is packed in about 13½ ounce cans for chopped and about 15 ounce cans for other types; each can is about 3 servings (½ cup each) after cooking and draining.

**STORAGE**

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened spinach in a tightly covered container not made from metal and refrigerate.
- Look at the "Best if used by" or "Best by" date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

**PREPARATION/COOKING**

- Canned products are fully cooked, so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

**USES AND TIPS**

- Add flavor to canned spinach with garlic, pepper, lemon juice, or Parmesan cheese.
- Drained and chopped spinach makes a healthy filling for pasta and enchiladas.

**NUTRITION INFORMATION**

- ½ cup of canned spinach counts as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of canned spinach provides 70% of the daily recommended amount of vitamin A and 25% of the daily recommended amount of vitamin C.

**FOOD SAFETY INFORMATION**

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

**OTHER RESOURCES**

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

**NUTRITION FACTS**

Serving size: ½ cup (127g) canned spinach, drained

**Amount Per Serving**

|                 |    |                          |   |
|-----------------|----|--------------------------|---|
| <b>Calories</b> | 30 | <b>Calories from Fat</b> | 5 |
|-----------------|----|--------------------------|---|

**% Daily Value\***

|                     |           |
|---------------------|-----------|
| <b>Total Fat</b> 0g | <b>0%</b> |
|---------------------|-----------|

|                  |           |
|------------------|-----------|
| Saturated Fat 0g | <b>0%</b> |
|------------------|-----------|

|              |  |
|--------------|--|
| Trans Fat 0g |  |
|--------------|--|

|                        |           |
|------------------------|-----------|
| <b>Cholesterol</b> 0mg | <b>0%</b> |
|------------------------|-----------|

|                     |            |
|---------------------|------------|
| <b>Sodium</b> 440mg | <b>18%</b> |
|---------------------|------------|

|                              |           |
|------------------------------|-----------|
| <b>Total Carbohydrate</b> 4g | <b>1%</b> |
|------------------------------|-----------|

|                  |           |
|------------------|-----------|
| Dietary Fiber 2g | <b>8%</b> |
|------------------|-----------|

|           |  |
|-----------|--|
| Sugars 1g |  |
|-----------|--|

|                   |  |
|-------------------|--|
| <b>Protein</b> 3g |  |
|-------------------|--|

|               |               |
|---------------|---------------|
| Vitamin A 70% | Vitamin C 20% |
|---------------|---------------|

|            |          |
|------------|----------|
| Calcium 8% | Iron 15% |
|------------|----------|

\*Percent Daily Values are based on a 2,000 calorie diet.

**SPINACH PASTA****MAKES 4 SERVINGS****Ingredients**

- 6 ounces uncooked pasta (like penne, spirals, or macaroni)
- ½ cup medium onion, peeled and sliced
- 1 clove garlic, finely chopped
- ¾ teaspoon dried basil (if you like)
- 1 tablespoon vegetable or olive oil
- 1 medium bell pepper, cut in strips
- 1 can (about 13 ounces) chopped spinach, well drained; or chop up other types of canned spinach
- 2 tablespoons Parmesan cheese (if you like)

**Directions**

1. Cook pasta according to package directions; drain.
2. In a skillet, cook onion, and garlic in oil until onion is soft. If using basil, add that too. Add pepper strips; cook 3 minutes.
3. Stir in spinach; heat through.
4. Toss in the pasta. If using Parmesan cheese, add that too. Serve immediately.

**Nutrition Information for 1 serving of Spinach Pasta**

|                          |     |                           |        |                  |        |                  |       |
|--------------------------|-----|---------------------------|--------|------------------|--------|------------------|-------|
| <b>Calories</b>          | 230 | <b>Cholesterol</b>        | 0 mg   | <b>Sugar</b>     | 5 g    | <b>Vitamin C</b> | 80 mg |
| <b>Calories from Fat</b> | 35  | <b>Sodium</b>             | 300 mg | <b>Protein</b>   | 8 g    | <b>Calcium</b>   | 8 mg  |
| <b>Total Fat</b>         | 4 g | <b>Total Carbohydrate</b> | 40 g   | <b>Vitamin A</b> | 60 RAE | <b>Iron</b>      | 20 mg |
| <b>Saturated Fat</b>     | 0 g | <b>Dietary Fiber</b>      | 4 g    |                  |        |                  |       |

*Recipe provided by Delmonte.com.*

**LOW-FAT SPINACH DIP****MAKES 3 SERVINGS****Ingredients**

- ½ cup plain low-fat yogurt
- ½ cup low-fat (1% fat) cottage cheese
- 1 can (13 ounces) chopped spinach, well drained, or chop up other types of canned spinach
- 1 green onion, sliced; or use ¼ cup onion, chopped, instead
- 1 teaspoon chili powder
- 1 teaspoon lemon juice

**Directions**

1. Combine yogurt and cottage cheese; stir until smooth.
2. Stir in spinach, onion, chili powder, and lemon juice.
3. Place in serving dish; cover and refrigerate until ready to serve.
4. Serve with fresh vegetables, crackers, or breadsticks.

**Nutrition Information for 1 serving (½ cup) of Low-Fat Spinach Dip**

|                          |       |                           |        |                  |        |                  |       |
|--------------------------|-------|---------------------------|--------|------------------|--------|------------------|-------|
| <b>Calories</b>          | 90    | <b>Cholesterol</b>        | 5 mg   | <b>Sugar</b>     | 5 g    | <b>Vitamin C</b> | 25 mg |
| <b>Calories from Fat</b> | 10    | <b>Sodium</b>             | 440 mg | <b>Protein</b>   | 10 g   | <b>Calcium</b>   | 20 mg |
| <b>Total Fat</b>         | 1 g   | <b>Total Carbohydrate</b> | 9 g    | <b>Vitamin A</b> | 70 RAE | <b>Iron</b>      | 15 mg |
| <b>Saturated Fat</b>     | 0.5 g | <b>Dietary Fiber</b>      | 2 g    |                  |        |                  |       |

*Recipe adapted from Recipezaar.com.*